

The Refuge Chant

Incense perfumes the atmosphere.
A lotus blooms and the Buddha appears.
The world of suffering and discrimination
Is filled with the light of the Rising Sun.
As the dust of fear and anxiety settles,
With an open heart and one-pointed mind
I turn to the Three Jewels

The Fully Enlightened One, beautifully seated, peaceful and smiling

A living source of understanding and compassion,
To the Buddha I go for refuge.

The path of mindful living,
Leading to healing, joy and enlightenment, the way of peace,
To the Dharma I go for refuge.

The loving and supportive community of practice,
Realizing harmony, awareness and liberation,
To the Sangha (*sahn-guh*) I go for refuge.

I am aware that the Three Gems are within my heart.
I vow to realize them,
Practicing mindful breathing and smiling, looking deeply into things.
I vow to understand living beings and their suffering.
To cultivate compassion and loving kindness,
To practice joy and equanimity.

I vow to offer joy to one person in the morning,
To help relieve the grief of one person in the afternoon.
Living simply and sanely with few possessions, keeping my body healthy.
I vow to let go of all worries and anxiety
In order to be light and free.

I am aware that I owe so much to my parents,
Teachers, friends and all beings.
I vow to be worthy of their trust, to practice wholeheartedly
So that understanding and compassion will flower,
Helping living beings be free from their suffering.

May the Buddha, the Dharma and the Sangha support my efforts.

Community
of Mindful
Living

HEARTLAND SANGHA
presents

The Way of Happiness

A Weekend Mindfulness Retreat
with

Brother Chan Huy

In the tradition of
Thích Nhất Hạnh
Conception Abbey
Conception, MO

October 10—12, 2003

Community
of Mindful
Living

The Way of Happiness

“From time to time, to remind ourselves to relax, to be peaceful, we may wish to set aside some time for a retreat... when we can walk slowly, smile, drink tea with a friend and enjoy being together as if we are the happiest people on Earth. This is not a retreat, it is a treat.”

In this quote from Being Peace, Thích Nhất Hạnh beautifully describes our need for a refuge from the demands of our busy lives. A time like this can help us get in touch with ourselves, and with what makes us and our dear ones happy. At this retreat, the Refuge Chant will guide our practice. We will nourish our seeds of happiness, so that we may return to our daily lives restored.

About Brother Chan Huy

Chan Huy comes from a family with four generations of Thích Nhất Hạnh’s students, from his grandmother to his two children. He leads mindfulness retreats throughout North America.

Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Ottawa, Canada where he works as an engineer. His clear, pragmatic teaching

style easily helps us to understand and deeply touch the practice of mindfulness. His warm and engaging manner emanates joy for the practice. His name, translated as “True Radiance,” captures his essence. Chan Huy is among the most accomplished and articulate of Thích Nhất Hạnh’s



Conception Abbey

Ninety miles north of Kansas City in the rolling hills of northern Missouri, Conception Abbey offers a peaceful and contemplative setting for our practice. Directions to the Abbey are available on their website <http://www.conceptionabbey.org/location.htm>.

Retreat Format

During this residential mindfulness retreat, we will enjoy sitting and walking meditation, outdoor walking meditation, deep relaxation and the Five Touchings of the Earth. Chan Huy will offer a daily Dharma talk. Group discussions will help us connect the teachings to our daily lives. Periods of gentle silence will nourish our mindfulness. This retreat is ideal for newcomers as well as longtime practitioners.

Your Stay

Registration is from 4:30—6:30 p.m. on Friday October 10th. The retreat will end at about 2:30 p.m. on Sunday, October 12th. Lodging is dormitory style with two persons per room. Private rooms are available for an additional charge. The Abbey provides bed and bath linens. The Abbey will prepare vegetarian meals. Please let us know of special dietary needs in advance. Bring your own meditation pad, cushion or bench. Chairs will be available. Dress in layers as the meditation hall may be cool.

Dana—Gift of Generosity

Chan Huy follows a long tradition of offering the Buddha’s teachings without charge. A request for dana for our teacher will be made at the end of the retreat. Please consider making a donation according to your means and the value you feel you have received.

Scholarships

Partial scholarships are available. Please enclose a letter describing your aspirations for your practice and the amount of your need with your registration form.

Questions?

David at DBKlug@SprintMail.com or 816-333-3043.

No Refunds after September 10, 2003

Registration Form

Name: _____
Address: _____
City: _____
State/ZIP: _____
Evening Phone: _____
Email: _____

To register, please send a check payable to Community of Mindful Living Heartland Sangha, 625 E 71st Ter, Kansas City, MO, 64131-1611. A \$75 deposit holds your space. Full payment is due by September 10th. Please add \$20 for registrations after September 10th.

Double Room: \$150.00

Single Room: \$210.00

- I am sharing this room with: _____
- I have enclosed a \$_____ donation for the scholarship fund. *The retreat is priced to cover only our costs. We rely on donations for scholarships.*
- I am applying for a scholarship.
- My special dietary needs are: _____
- I would like to car pool to the Abbey
- I could meet someone at Kansas City International Airport and drive them to the Abbey.

Total Amount Enclosed: \$ _____